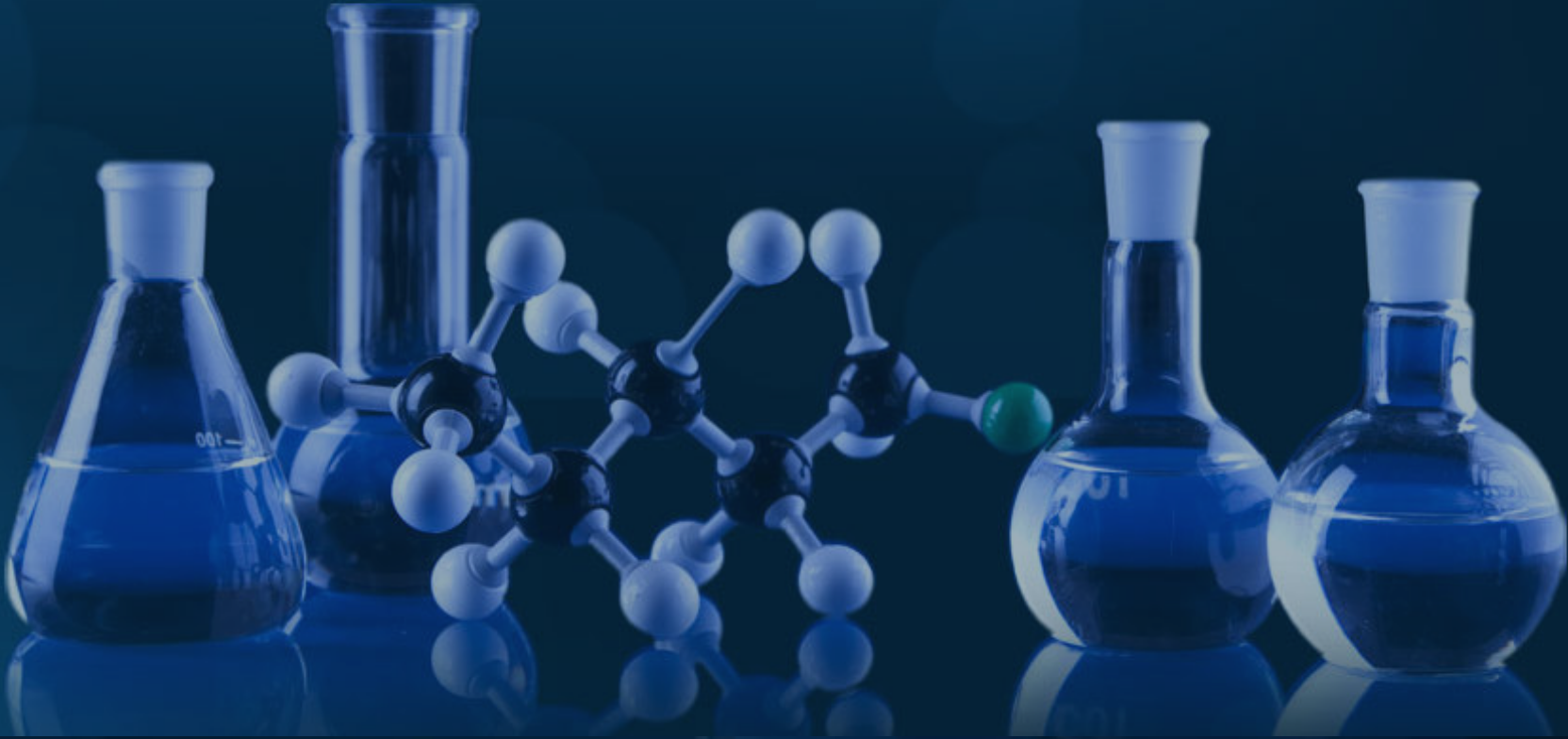




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



- home
- About
- Hair Analysis
- Lab Profile
- Educational Material
- Mineral Information
- Contact

# Calcium

Home » Mineral Information » Calcium



## Sources Of Calcium

Seafood -	sardines, caviar, smelt
Animal products -	egg yolks
Nuts/seeds -	almonds, sesame seeds, filberts
Vegetables -	kale, collards, mustard greens, turnip greens
Dairy -	cheeses, milk
Miscellaneous -	molasses, kelp, brewer's yeast, torula yeast

## Roles In The Body

About 99% of our calcium is found in bone structures. However, calcium is essential for four other critical roles:

Cell Membrane Regulation -	affecting cell permeability, muscle contraction and nerve impulse conduction.
Body Fluid Regulation -	affecting blood clotting, acidity and alkalinity.
Regulation of cell division	
Regulation of hormone secretion -	insulin

## Functions Of Calcium

Circulatory -	excites the heart, constricts small blood vessels
Excretory -	inhibits water loss
Digestive -	in excess, is constipating
Nervous -	slows nerve impulse transmission
Reproductive -	required for normal cell division
Endocrine -	inhibits release of thyroid-releasing and other pituitary hormones
Blood -	stimulates blood formation and is required for blood clotting
Muscular -	reduces muscular irritability and contractibility
Skeletal -	main component of bone
Metabolic -	required for phosphorus metabolism and energy production in the Krebs cycle
Detoxification -	inhibits uptake of lead, antagonizes cadmium
Cellular -	decreases permeability of cells to sodium and potassium ions

## Nutrients That Are Synergistic With Calcium

Absorption - vitamin A and D, stomach acidity, protein in diet
Utilization - magnesium, copper, vitamin C

## Antagonistic Nutrients

Absorption - fluoride, low stomach acidity, low protein in diet, phosphorus in excess
Utilization - lead, cadmium, sodium, potassium, high protein diet increases calcium loss in urine

## Hair Analysis Notes

### High Hair Calcium:

- usually indicates that calcium is leaving the bones and accumulating in the soft tissues of the body
- high calcium is associated with a slow oxidation rate
- good indicator of hidden copper toxicity
- high calcium on a retest often means the body is eliminating excess calcium

### Low Hair Calcium:

- a low calcium level usually means calcium is being lost in the urine
- associated with fast oxidation rate - alarm stage of stress
- often associated with copper deficiency

## Reasons For Calcium Supplementation

- to slow the oxidation rate
- to help detoxify lead and cadmium
- to balance key mineral ratios

*This material is for educational purposes only  
The preceding statements have not been evaluated by the  
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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